

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver 1&2	Gold1&2	Silver 1&2	Gold1&2	Silver 1&2	Silver 1&2
5:45pm-6:45pm	Strength training	5:45pm-6:45pm	Strength training	5:45pm-6:45pm	10:30-11:30am
Lessons	5:00-5:45pm	Lessons	5:00-5:45pm	Lessons	Bronze
5:45pm-6:45pm	Practice	5:45pm-6:45pm	Practice	5:45pm-6:45pm	10:30am-11:30am
Bronze	5:45pm-7:30pm	Bronze	5:45pm-7:45pm	Bronze	Gold 1&2
6:45pm-7:30pm	Silver 1:	6:45pm-7:30pm		6:45pm-7:30pm	11:00am-12:30pm
Gold 1&2	7:30pm-8:30pm	Gold 1&2		Gold 1&2	
6:45pm-8:30pm		6:45pm-8:30pm		6:45pm-8:30pm	